

**2010 SANTA CLARA INTERNATIONAL MEET
TIME STANDARDS**

WOMEN LCM	WOMEN SCM	WOMEN SCY	DISTANCE & STROKE	MEN LCM	MEN SCM	MEN SCY
27.69	26.89	24.49	50 Free	24.79	23.89	21.69
59.29	57.49	52.19	100 Free	53.99	52.29	47.29
2:06.29	2:03.49	1:51.89	200 Free	1:57.29	1:54.99	1:42.29
4:28.09	4:21.69	5:01.09	400 Free	4:05.69	3:59.29	4:36.19
9:04.99	8:51.79	10:10.99	800 Free	8:42.19	8:29.39	9:38.29
17:40.69	17:46.69	17:02.99	1500 Free	16:20.69	16:09.19	15:55.89
1:07.39	1:06.79	58.69	100 Back	1:01.19	1:00.59	52.89
2:23.49	2:20.69	2:04.69	200 Back	2:11.39	2:08.09	1:53.79
1:16.79	1:14.79	1:06.89	100 Breast	1:08.29	1:07.29	59.49
2:42.99	2:40.79	2:22.29	200 Breast	2:28.19	2:26.19	2:08.99
1:04.39	1:03.09	57.19	100 Fly	58.89	57.49	51.99
2:24.19	2:21.39	2:07.39	200 Fly	2:10.59	2:07.79	1:54.89
2:23.89	2:18.89	2:06.29	200 IM	2:12.79	2:09.59	1:55.49
5:05.09	4:59.39	4:28.49	400 IM	4:41.59	4:35.99	4:05.79
4:09.89			400 FR	3:45.29		
8:59.99			800 FR	8:14.49		
4:42.19			400 MR	4:11.89		

**2010 SANTA CLARA INTERNATIONAL MEET
BONUS EVENT TIME STANDARDS**

WOMEN LCM	WOMEN SCY	DISTANCE & STROKE	MEN LCM	MEN SCY
28.99	25.39	50 Free	26.09	22.59
1:01.59	54.09	100 Free	56.39	48.59
2:10.89	1:54.69	200 Free	2:01.09	1:44.79
4:36.99	5:07.99	400 Free	4:18.49	4:45.99
9:20.99	10:28.19	800 Free	8:48.99	9:50.99
18:08.99	17:45.49	1500 Free	17:09.99	16:39.99
1:10.49	1:00.79	100 Back	1:04.19	54.79
2:31.19	2:11.59	200 Back	2:19.49	1:59.69
1:18.79	1:08.89	100 Breast	1:10.79	1:01.39
2:50.79	2:29.39	200 Breast	2:36.69	2:14.89
1:08.19	1:00.49	100 Fly	1:01.59	54.19
2:28.29	2:12.59	200 Fly	2:17.19	2:00.69
2:30.89	2:11.59	200 IM	2:19.29	1:59.59
5:15.99	4:38.99	400 IM	4:55.89	4:15.29

(Time standards updated November 2009)